



Garden City Runners: News Release from a Distance

20 September 2020

In these strange and worrying times, we're here to keep you in touch with your fellow club members, bringing you news and views of runs, races and challenges, plus tips and info to keep you fit and motivated. Please send any content for future releases to results@gardencityrunners.org.uk

GCR Panshanger 5K

The second instalment of the GCR Panshanger 5K took place this Saturday morning, with runners completing the two lap course any time before noon. Well done to the 17 GCRs who took part, with **Neil Hume** finishing first male and Sharon **Threlfall** first lady, and thanks once again to Richard Somerset for compiling the results.

1	Neil Hume	00:19:48
2	Pete Harvey	00:20:00
3	Peter McKenzie	00:20:06
4	Mike Russell	00:20:17
5	Richard Somerset	00:20:24
6	Nick Portaski	00:21:06
7	Chris Poole	00:27:05
8	Peter Sawko	00:27:16
9	Sharon Threlfall	00:27:36
10	Louise Smith	00:28:11
11	Shena Lancaster	00:28:59
12	Alison Meaden	00:29:17
13	Jen Denman	00:32:36
14	Tom Parmley	00:32:40
15	Sally Laflin	00:33:03
16	Sue Fletcher	00:37:28
17	Willow Gibson	00:37:40

Terry's Tewin Trail Run

Terry Fowler had left TTT in the somewhat dubious hands of **Sharon Threlfall**, while he tackled the hills of Devon chest first.

It was glorious morning, if a little windy, which provided another fantastic photo opportunity as runners headed off for the final lap.

This week saw 13 runners take on the course; it remains invitation only in order to ensure the event is Covid secure. However, any available slots will be advertised on the GCR Facebook page on Thursday and allocated to those who comment first. With Parkruns expected return in October now having been cancelled it is expected that the maximum number of runners (15) will be reached most weeks.

After coming in as runner-up for the past two week, **Neil Hume** was first home in a time of 18:41, and stopped a slide of increasing run times!!

Hannah Ahmet-Frank was the first lady home in a new course best of 22:06. Hannah even had the energy left to run in **Isla Threlfall**, helping her secure a PB of 27:43, taking 50 seconds off her performance at the first event.

Nicki Donnelly was our sole first timer this week, following Hannah, but ahead of the tussle for a top ten finish between **Steve Grout** and **Rebecca Barden**. Steve only just held off a fast finishing Rebecca, whose final sprint was only just surpassed by **Daniel Pudner's** effort to get to the start line on time.

Thank you to **Richard Sidlin** for marshalling, shame he forgot the cake this week!

Full results:-

1. Neil - 18:41
2. Paul - 19:23
3. Chris E - 19:38
4. Dave - 21:18
5. Daniel - 21:44
6. James - 21:47
7. Rob C - 21:55
8. Hannah - 22:06 (PB)
9. Nicki - 22:42 (First Timer)
10. Steve G - 24:27
11. Rebecca - 24:48
12. Craig - 27:35 (PB)
13. Isla - 27:43 (PB)



Terry's trail run crew on Saturday morning, sadly without cake

Lea Valley Run fest

Caroline Griffin ran at the Run Fest 5k at Lea Valley on Sunday morning with **Sharon Threlfall**, and set a new 5k PB despite the challenging conditions. All those training sessions are really starting to pay off, with even splits throughout the race.

There was a good showing by Garden City Runners in the 10k, including **James Huish** (7th overall and a season's best) and **Thomas Wackett**. **Steve Edwards** even had a sprint finish against Ronnie O'Sullivan, although the reigning World Champion held him off. **Michael** and **Helen Payne** also completed the 10K in 48:24 and 55:11 respectively,.

Helen says "would recommend a ATW event in the current climate – great social distancing, slick organisation. Definitely more of a time trial than a race but at least this way the runners are well spaced and not breathing on each other!"

Terry Tristram's not parkrun

Terry was up and out early again Saturday morning to complete his not-parkrun at 6am. Terry reports that he is "getting a bit faster with 37:03 this week, so I am happy about that".



Photo highlights from the Lea Valley run fest

This week's Tuesday group runs

Good news! We can still run in groups bigger than 6 and there is no booking system, just turn up and enjoy your run. This has been confirmed by England Athletics and ARC. Our run leaders will continue to do risk assessments and record who attends each run for contact tracing purposes. Please arrive on time ready to give your contact details so the groups can start running at 6.30pm. **There is no need to book into these group runs in advance.**

This week's Tuesday steady runs and meeting points are:

- Social 5/6k – Panshanger Golf complex car park – left hand side
- 7/8k – Panshanger Golf complex car park – right hand side
- 9/10k - King George Playing Fields

Plus we have two faster groups this week – both will meet at Gosling, left hand car park as you drive in:

- 9.00-9:30 min/mile pace and;
- 8:30-9.00 min/mile pace

Please arrive in good time to give your details to the run leader for track & trace, and allow a prompt set-off at 6.30 pm

Getting Back on Track

As we are currently unable to share the track with Herts Phoenix at our usual time on Thursday evenings, we are organising our own session.

Of the times that are available, there are two that have most support at the moment, and also fit with coach availability:-

1. Thursday 8-9 pm (currently most popular)
2. Wednesday 6-7 pm

If you are a current track attendee, or would like to attend the track session, and you have a particular preference, please can you either respond to the poll that **Nigel Cavill** has posted on the GCR Facebook page, or email **chair@gardencityrunners.org.uk** with your choice

Responses required by Monday (tomorrow), please, so that we can get back to track as soon as possible.

FORTHCOMING EVENTS:

Virtual Herts 10 – Harpenden	Oct 4 th	https://www.herts10k.com/
Storts 30 Ultra – Bishops Stortford	Oct 25 th	https://www.challenge-running.co.uk/races/stort30/
Herts Half marathon and 10K – Knebworth House	Nov 22 nd	https://www.hertshalf.com/event/hertfordshire-half-marathon-2020/
Hatfield 5 miler	Nov 29 th	http://hatfield5mile.co.uk/

Running safely

Covid 19 - Please Read the Following:

The advice and guidelines about Covid-19 continue to change. The club is affiliated to England Athletics and the Association of Running Clubs and we follow their guidelines to help reduce the risk of spreading Covid-19.

When joining a group run you are consenting to your details being recorded for contract tracing purposes.

Please always follow the following advice for your own and others' safety:

- England's Track and Trace app is now available for those with smartphones, please download and use it for contract tracing;
- Do not attend if: you are feeling unwell; if you have any Covid-19 symptoms or have had a positive test; if you are self-isolating for any reason.
- Always follow any medical guidance you may have received.
- If you have any Covid-19 symptoms or a positive test after attending a session you must inform that club immediately so we can contact the rest of the group you ran with.
- Maintain social distancing at all times including at the start and end of the session.
- Try to avoid touching anything eg a gate or stile but if this is unavoidable use hand sanitiser and avoid touching your face afterwards.
- Look out for pedestrians, horse-riders, cyclists etc and move to one side to let them pass and maintain social distancing.

Club Kit

A reminder that new club kit is available from Kit-Meister Richard Somerset. All items cost £19.99, you can pay by cash or bank transfer, either FB message or text Richard on 07790 591868 or email rich.somerset@ntlworld.com to arrange pick-up. Kit available includes:

- Men's vests, from XS to 2XL
- Men's t-shirts from XS to 3XL
- Men's long sleeve tops S to XL (please contact Richard if you want XS or 2XL and he will place an order)
- Women's vest from XS to 2XL
- Women's t-shirts from XS to 2XL
- Women's long sleeve tops, from XS to XL

GCR Strava Group

If you'd like to join the GCR Strava community, [click here](#) for details of the group. It's a great way to keep in touch with your fellow club members during this time of isolation.

Join Garden City Runners

Do you live in or near Welwyn Garden City? Like running? Garden City Runners is your local running club. It has nearly 300 members and encourages participation by all. The club has a varied training programme to suit everyone, from working up to 5 kilometres right through to full marathons. Try a few sessions before joining. Membership is only £20 per year and is available on the GCR website via the new Membermojo platform (note that it is no longer possible to join via the old application form). Simply log into <https://membermojo.co.uk/gcr> and follow the instructions. If you want to know more about the Garden City Runners please contact Karen Atkinson (Secretary) or Sue Fletcher (Membership) at gcr@gardencityrunners.org.uk, visit our website <https://www.gardencityrunners.org.uk/> or our Facebook page at www.facebook.com/groups/gardencityrunners/

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